

Great Northern Bean Soup

Makes: 6 Servings

Great Northern beans are white beans with a mild flavor.

Ingredients

2 cups Great Northern beans, dry

3 cups water

1/2 cup onion, chopped

1/2 pound chicken, thawed, cut up, and skin removed

1/4 pound ham, chopped

2 tablespoons vegetable oil

8 cups water

1 cup tomatoes, diced (or 1/2 can, about 8 ounces, low-sodium diced tomatoes)

1 tablespoon distilled white vinegar



Directions

1. In a medium-size bowl, soak beans in 3 cups of water overnight.
2. Drain the water and rinse beans.
3. In a large pot, brown onion, chicken, and ham in oil over medium to high heat for about 5 minutes.
4. Add water, beans, and salt to pot. Mix well.
5. Bring pot to a boil and cook for 5 minutes.
6. Lower heat and cook for about 1 hour. Stir pot every 15 minutes.
7. Add tomatoes and vinegar to pot. Keep cooking over low heat for about 20 minutes. Serve hot.

Notes

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.